

Penn Cambria Curriculum

Course Name	Advanced Foods
Length of Course	<i>.5 credits (1 Quarter)</i>
Grade Level	<i>10-12</i>
Prerequisites	<i>Successful Completion of Basic Foods</i>
Course Description	<i>The Advanced Foods program builds on the foundation laid in Basic Foods and allows students to expand their culinary and baking skills and awareness. This course will focus on the development of both advanced kitchen skills and nutritional knowledge. This course will highlight the relationship between food and culture, as well as how food can impact a community. An independent study unit will also provide students with the opportunity to use technology to research, experience and perfect recipes and cooking styles.</i>
Units of Study	<i>Advanced Culinary Techniques Advanced Nutrition Advanced Baking Methods and Cake Decorating Cultural and Community Cuisine Recipe Exploration and Design</i>
Materials	<i>Websites: Food Network, Cooking Light, Taste Book AccuChef (Recipe, Cookbook and Nutritional Label Creator)</i>

Unit 1: Advanced Culinary Techniques

Estimated Time: 2 weeks

Standard Alignment:

- 11.2.12 C Analyze teamwork and leadership skills and their application in various family and work situations.
- 11.1.12 F Compare and contrast the selection of goods and services by applying effective consumer strategies
- 11.3.12 C Evaluate sources of food and nutrition information.
- 11.3.12 F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.
- 11.3.12 G Analyze the relevance of scientific principles to food processing, preparation and packaging.

Curricular Objectives:

A. Students will:

- a. Identify how to locate, select and prepare various types of protein sources.
- b. Explain the proper method for selecting and preparing various courses of a dinner.
- c. Utilize time management techniques when preparing multiple dishes at once.
- d. Create various homemade marinades, sauces and dressings.
- e. Identify and demonstrate techniques for making meal preparation more time and cost effective.
- f. Present a dish or meal in a way that visually appeals to the consumer.
- g. Pare complementary flavors and textures to enhance the overall flavor of a meal or dish.

Assessments/ Measurement of Objectives:

- Student activities/labs
- Individual and group projects/presentations
- Classroom exercises

Suggested Methods of Instruction / Learning Activities:

- Full Course Meal Design and Creation
- Recipe Planning and Creation
- Appetizer, Soup, Salad, Entrée and Dessert Creation
- Soup/Salad/Sandwich Paring
- Fish/Seafood Project and Dish Creation.
- Dish Presentation Project

Unit 2: Advanced Nutrition

Estimated Time: 2 weeks

Standard Alignment:

- 11.2.12C Analyze teamwork and leadership skills and their application in various family and work situations.
- 11.3.12C Evaluate sources of food and nutrition information.
- 11.3.12D Critique diet modifications for their ability to improve nutritionally-related health conditions (e.g., diabetes, lactose-intolerance, iron deficiency).
- 11.3.12E Analyze the breakdown of foods, absorption of nutrients and their conversion to energy by the body.
- 11.3.12F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.
- 11.3.12B Evaluate the role of Government agencies in safeguarding our food supply (e.g., USDA, FDA, EPA and CDC).

Curricular Objectives:

A. Students will:

- a. Understand and explain the parts of a food label, including vitamins, minerals and ingredient lists.
- b. Identify and use ingredients, such as herbs and spices that increase both the flavor and nutritional values of a dish.
- c. Identify and demonstrate healthy food preparation techniques.
- d. Create a recipe and nutrition label for a delectable and healthy dish.
- e. Prepare dishes using fresh fruits and vegetables.
- f. Create a personalized nutrition plan to promote a healthy lifestyle.
- g. Raise awareness in the school community for healthful food and exercise options.

Assessments/ Measurement of Objectives:

- Student activities/labs
- Individual and group projects/presentations
- Classroom exercises

Suggested Methods of Instruction / Learning Activities:

- Electronic Food Label Creation and Analysis
- Healthy Meal Recipe Design and Creation
- Preparation of various healthful dishes using lean proteins and herbs and spices
- Personal Nutrition Plan
- Lunch-Time Taste Testing and Information Booths
- Recipe Design and Creation
- Nutrition Analysis of Ingredients and Dishes
- Presentations
- Nutrition Awareness Campaign Projects

Unit 3: Advanced Baking Methods and Cake Decorating

Estimated Time: 2 weeks

Standard Alignment:

- 11.1.12 F Compare and contrast the selection of goods and services by applying effective consumer strategies.
- 11.2.12C Analyze teamwork and leadership skills and their application in various family and work situations.
- 11.3.12C Evaluate sources of food and nutrition information.
- 11.3.12F Evaluate the application of nutrition and meal planning principles in the selection, planning, preparation and serving of meals that meet the specific nutritional needs of individuals across their lifespan.

Curricular Objectives:

A. Students will:

- a. Explain and demonstrate various baking and pastry techniques and dishes.
- b. Locate and evaluate recipes for baked goods before using.
- c. Assess the time and cost effectiveness of preparing breads, baked goods, pastries and candies at home.
- d. Explain the science and preparation techniques behind baked goods such as breads, crusts, cakes, cookies and candies.
- e. Evaluate the success of different ingredients and methods when making baked goods.
- f. Demonstrate various techniques for cake baking and decorating.

Assessments/ Measurement of Objectives:

- Student activities/labs
- Individual and group projects/presentations
- Classroom exercises

Suggested Methods of Instruction / Learning Activities:

- Time and Cost Effectiveness Assessment
- Yeast Bread Creation
- Homemade Cake Design and Decoration
- Homemade Pie and Candy Creation
- Recipe and Method Assessment

Unit 4: Cultural and Community Cuisine

Estimated Time: 1.5 weeks

Standard Alignment:

- 11.1.12 A Evaluate the impact of family resource management on the global community
- 11.1.12 F Compare and contrast the selection of goods and services by applying effective consumer strategies.
- 11.2.12 C Analyze teamwork and leadership skills and their application in various family and work situations.
- 11.2.12 E Assess the availability of emerging technology that is designed to do the work of the family and evaluate the impact of its use and evaluate the impact of its use on individuals, families and communities.
- 11.2.12 G Hypothesize the impact of present family life cycle trends on the global community (e.g., over population, increase in an aging population, economic base).
- 11.3.12 A Analyze how food engineering and technology trends will influence the food supply
- 11.3.12 Evaluate sources of food and nutrition information

Curricular Objectives:

A. Students will:

- a. Explain the relationship between food and the culture of a people or country.
- b. Investigate the resources, customs, cuisine and dining styles of global cultures.
- c. Compare and contrast authentic and “American” versions of cultural dishes.
- d. Locate a recipe for, prepare and present a dish from a particular country, culture or nationality.
- e. Explain how food can be used to provide services to worthy causes.
- f. Complete a food-related service project that impacts community members in a positive way.

Assessments/ Measurement of Objectives:

- Student activities/labs
- Individual and group projects/presentations
- Classroom exercises

Suggested Methods of Instruction / Learning Activities:

- Cultural Cuisine Investigation, Dish Creation and Presentation
- Assessment of “Americanized” versions of cultural dishes
- Community Food Service Project

Unit 5: Recipe Exploration and Design

Estimated Time: 1.5 weeks

Standard Alignment:

- 11.1.12 F Compare and contrast the selection of goods and services by applying effective consumer strategies.
- 11.2.12 A Justify solutions developed by using practical reasoning skills
- 11.2.12C Analyze teamwork and leadership skills and their application in various family and work situations.
- 11.3.12C Evaluate sources of food and nutrition information.
- 11.3.12 G Analyze the relevance of scientific principles of food processing, preparation and packaging.

Curricular Objectives:

B. Students will:

- a. Create a student-generated recipe.
- b. Add recipes to an electronic database for a class cookbook.
- c. Experiment with various ingredients and techniques to perfect a challenging recipe.
- d. Consult both technological and community resources to gain information on how to prepare and perfect various dish and recipes.
- e. Electronically document the journey and preparation of a student-created and perfected dish.

Assessments/ Measurement of Objectives:

- Student activities/labs
- Individual and group projects/presentations
- Classroom exercises

Suggested Methods of Instruction / Learning Activities:

- Class Cookbook (electronic) featuring student-generated recipes
- Independent Study Project: Students will identify a challenging dish they wish to make and research the methods for preparing the dish using pieces of technology such as websites, blogs, videos, pictures and out-of-class interviews. Students will engage in reflective and assessment practices in order to complete trial runs and the ultimate perfection of the dish.
- Cooking Video, Electronic Photo Album or Blog
- Recipe Creation